

FOOD at the END

BY
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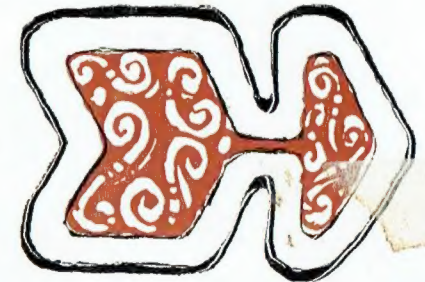
INTRO. DUCTION

Various factors influence the development of a local cuisine. But there are three main ones. Firstly, climate which dictates the availability and range of produce and even affects the consuming capability of the eater. Secondly, ethnic origins of the local population — what recipes were brought from the homeland, what prejudices, what religious or cultural mores. Finally, the occupation of the population. Are they nomadic, settled city dwellers, sedentary in working habit or are their appetites beefed up by manly outdoor exercise?

It may seem that factors such as these have little to do with how a cuisine is born. I might here give a simple example — that well known and famous dish, Charcoal Grilled Dinosaur Steak. How did this come about?

A caveman during the age of reptiles came home and hung his catch on the tree outside his cave. Shortly afterwards, there was a tropical storm, the tree was struck by lightning and his catch was barbecued willy-nilly.

Thus two discoveries were made. Fire, and that cooked meat tasted better than raw. Climatically, he must have been living up to that time in a tropical area because he had been managing without fire. He was a hunter by



INTRO CONT.

occupation and consequently had a dinosaur steak. His stamping ground was mainly marshy and therefore supported the very dinosaur that provided the steak. So the great discoveries of fire and cooking were dependent on climate, occupation and geographical location.

In the Northern Territory, the frontier and outpost atmosphere is still enough in evidence to delineate these three factors clearly. Climate is lush tropical ranging down The Track to desert arid. The ethnic origins of its population encompass the entire world, barring possibly Eskimos. In other words, the people are Australian. Occupations until quite recently were nomadic station work or a builder of dwellings.

This means that the trend in cooking recipes is towards heavy-duty energy foods that can be produced with little equipment and a minimum of trouble. Obviously some more complex dishes have been imported from other parts of the world to make use of the specialities of the region. The superb beef, the harvest of the fecund ocean, tropical fruits, wild bird life in a context of nearly year round outdoor living. This outdoor living has a marked effect on how a Territorian eats. To paraphrase an old army saying, a Territorian attitude could be: "If it's stationary, build on it; if it moves, barbecue it." Naturally the first thing to build on that stationary object is a barbecue.





It is almost as if the Territorians had a racial memory of their past and it is towards the outdoor fire that they turn first with hospitality in view. For it is up and down The Track that the art of cooking in a billy reached a pinnacle of achievement. Low pressure gas has changed this somewhat with its multitudinous easy ways of erecting cooking gadgets. Migration from the western world has led to a wider range of cooking methods and, as a side effect in a relatively small community, to an extraordinarily sophisticated delicatessen operation. Some serving methods in restaurants are still pretty brutal, some methods of food preparation crude, but then the great masters of cuisine reckoned that it took over a hundred years to develop a new dish to perfection, let alone the cooking style. The Territory really has not had time to stabilise even its supply situation, let alone individual dishes. However, the following recipes indicate the line that the cuisine of the Northern Territory of Australia is taking.

I am extremely grateful to the people who helped me out with recipes, startling suggestions and advice. And I must recognise the debt that any thesis of this nature owes to the many cookery writers of the world.



SOUP

fancy a drop of soup then?

The swagman of yesteryear may not have been carrying much solid food on him but as long as he had a billy and some dead wood and some water, he could make himself some soup.

Depending where he was walking at the time, it could be a billy full of soup on the beach or a billy full of soup in the bush.



frances bay crab soup

ingredients

3 tablespoons butter
 1 cup finely chopped onion
 1/2 cup finely chopped celery
 1/4 cup flour
 1 quart milk
 1/8 teaspoon ground hot red pepper
 1/8 teaspoon white pepper
 1 teaspoon salt
 1 lb. uncooked crab meat
 1 cup heavy cream
 2 tablespoons dry sherry
 1 teaspoon fresh lemon or lime juice
 paprika for decoration



You are going to need a large billy !

In a 3-4 quart "Billy", melt the butter over a moderate heat. When the foam begins to subside, drop in the onion and celery, and, stirring frequently, cook for about 5 minutes until the vegetables are soft but not brown.

Add the flour and mix together thoroughly until a roux is formed. Pour in the milk in a thin stream, stirring, add the red and white pepper and the salt and cook over a moderate heat until the soup thickens.

Strain the soup through a fine sieve set over a bowl, pressing down hard on the vegetables with the back of a spoon.

Discard the residue. Return the soup liquid to the pan, add the crab meat and cream and stir over a moderate heat for a few minutes until the crab has heated through.

Remove from the heat, mix in the sherry and juice.

Taste for seasoning. Serve at once from a heated bowl into individual soup dishes.

Just before serving sprinkle with paprika.

It is advisable to have an extra three swagmen present for the consumption of this dish.



ingredients

5-6 lbs. fresh rabbit (or chicken
or duck), jointed
a smoked ham hock
3 quarts water
3 medium size onions, peeled
and thinly sliced
2 medium size firm ripe tomatoes,
peeled and finely chopped (or
a cup of drained canned tomatoes)
2 teaspoons finely chopped garlic
1 teaspoon dried thyme
1 teaspoon salt
freshly ground black pepper
3 tablespoons butter
6 tablespoons flour
 $\frac{1}{2}$ cup dry white wine
1 cup heavy cream



rabbit soup

The next soup recipe is definitely for round the camp fire
and for a number of pretty hungry drovers.

Put the rabbit (or fowl), ham hock and water
into an 8-10 quart pot. Bring to the boil over a fierce heat.
Skim off the foam and scum as they rise to the surface.
Add the onions, tomatoes, garlic, thyme, salt and a few grindings
of pepper. Reduce the heat to very low.
Cover tightly and slow simmer for about 2 hours.
Transfer the meat to a plate, discard the ham hock and strain
the stock through a fine sieve set over a deep bowl, pressing down
hard on the vegetables with the back of a spoon. Then throw
them away. Extract the bones and cut meat into
bite-sized pieces. Put the butter into your cooking pot and melt.
Stir in the flour to make a roux. Add one cup of the strained
stock, stirring constantly until the mixture thickens.
Still stirring, pour in the remaining stock slowly.
Add the meat and wine. Bring to the boil. Remove the soup
from the heat and leave it to cool for a moment before stirring
in the cream. Check your seasoning. Serve in plates or
pannikins with plenty of soppers to scoop up the liquid.

These are just two typical Top End soup recipes. You can make
soup from anything that happens to be handy — fish, meat,
vegetables, fruit — all can be used.
Grab what is passing your door step and season to taste.



FISH

fancy fish?

The balconies of Darwin are peopled by disciples of Mr Izaak Walton, the Complete Angler. Their inhabitants are to be seen assembling, adjusting and servicing long whippy fishing rods. Imaginary casts are made over the lawn. Lures are dangled enticingly over the void beneath.

Any beach at the Top End will see these intrepid fishermen knee deep in surging water, casting their lines towards the rocky horizon. Any beach has its complement of encircling nets.

And this is to say nothing of the vast commercial fishing operations. The more tranquil fresh water areas are no less assailed by hunters of small fish.



ingredients

$\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon pepper
 $\frac{1}{8}$ teaspoon saltpetre
 1 teaspoon sugar
 3 peppercorns, crushed
 $\frac{1}{3}$ teaspoon dried dill
 2 barramundi fillets
 oil and vinegar in equal parts
 a little sugar
 prepared mustard



barra in the raw

Probably the fish most associated with the Top End is barramundi, known colloquially as Barra.

For the devotee, there is nothing quite like raw pickled Barra.

Mix thoroughly the first six items together, preferably in a mortar and pestle. Spread the mixture on one of the barra fillets. Place the second fillet on top, arranged so that the thick end coincides with the thin end of the first fillet.

Press between two boards that have been scalded in boiling water so that they are scrupulously clean, under a heavy weight for 12 hours in the refrigerator.

Make a dressing with the remaining ingredients mixed well (a blender helps here). When ready to go, serve the fish chilled, hand the dressing and supply dainty slices of thin brown bread.



ingredients

1 medium sized barramundi
 $\frac{1}{2}$ cup water
 1 teaspoon salt
 1 cup flour
 1 tablespoon olive oil
 frying fat (preferably equal measures
 of butter and oil)



bangkok barra

If you happen to catch some medium sized barramundi and you like a presentation dish, the Top End has a way with this, borrowed from Asia.

Clean and dry the fish with a cloth. With a sharp knife, make deep incisions down to the bone diagonally across the fish both ways to form little squares.

Mix the flour, salt and olive oil thoroughly. Add the water to form a thickish smooth batter. Coat the fish with this batter.

Heat your frying medium in a heavy pan big enough to hold the fish and fry on both sides until a deep golden brown.

Drain well on kitchen paper towelling.

Serve with ginger sauce (see Page 12) and garnish with parsley and chillis.



ingredients

10 dried mushrooms
4 tablespoons vinegar
2 tablespoons chopped spring onion
4 tablespoons brown sugar
 $\frac{1}{2}$ cup water
1 tablespoon soy sauce
4 tablespoons pickled ginger
1 tablespoon cornflour



ginger sauce

Soak the mushrooms in water for a few minutes and drain. Chop them exceedingly fine. Put in a saucepan with all the other ingredients, except the cornflour for 5 minutes over a moderate heat. Blend cornflour with a little water and combine slowly into the simmering sauce. Carry on simmering and stirring until creamy. Pour over the fish, garnish and serve.



ingredients

20 yabbies
 ½ pint wine vinegar
 1 tablespoon brown sugar
 1 large lemon, or 2 limes,
 thinly sliced
 ¼ teaspoon dried fennel or several
 fronds of fresh fennel
 6 peppercorns



yummy yabbies

Shellfish tastes best cold, except for the traditional lobster dishes. Yabbies are legend in the Top End. Few people have survived a stay in the Territory without having been on a yabbie expedition.

Simmer the yabbies and shell when cooked.

Dissolve the sugar in the vinegar and add the spice and herbs. Bring to the boil, remove from heat and allow to cool to infuse the mixture. Pour over the yabbies in a bowl. Cover and refrigerate for 24 hours. Drain the yabbies and serve on shredded lettuce leaves.

Garnish with slices of lemon or lime.





MEAT

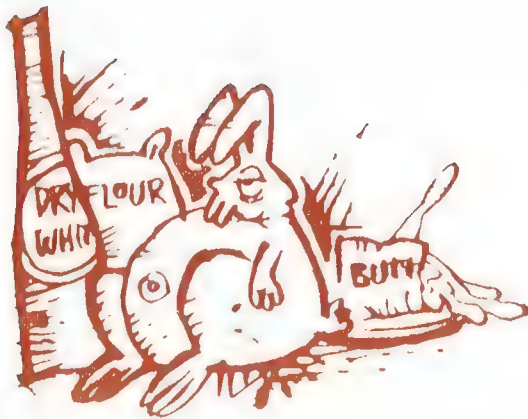
fancy fowl or game?

Up and down The Track, it is necessary to be able to live off the country. With the background of multi-racial cuisines and the immediacy of hunger, the available fauna find themselves in the cooking pot. With time, the casual camp fire stew has become more sophisticated. Rabbits, kangaroos, ducks, geese and that irate gentleman, the wild boar, have all been urbanised, edibly speaking.



ingredients

1 young rabbit (or
chicken or duck)
flour, seasoned with salt, pepper
a sprinkle of nutmeg
4 ozs. butter
 $\frac{3}{4}$ cup dry white wine
1 teaspoon dried tarragon
 $\frac{1}{4}$ cup dry white wine



batchelor bunny

Assuming that you have a prepared rabbit (otherwise you've got to skin and clean it), cut it into serving pieces and sprinkle lightly with a little seasoned flour. Brown the pieces of meat quickly in butter. Keep the heat to the point where the butter does not burn. Now lower the heat. Add the $\frac{3}{4}$ cup of white wine and simmer very gently for 45 minutes or, if you have a big buck, until tender.

Soak the dried tarragon in the $\frac{1}{4}$ cup of white wine for half an hour. Strain this wine and add to the frypan. Increase the heat and turn the pieces of rabbit or fowl. Cook for 5 minutes longer.

Take the rabbit out and place it on a heated platter. Scrape round the pan well to make sure any residual titbits are incorporated into the sauce and pour the sauce over the rabbit. Serve with mashed potatoes and braised celery.



ingredients

4 lbs. kangaroo meat
dry red wine
bouquet garni
4 medium onions, sliced
6 ozs. butter
salt and pepper
20 small white onions
1 cup dry white wine
8 ozs. mushrooms
chopped parsley



roo in the red

Bounding across The Track, bedevilling station owners, conniving with the conservationists is the kangaroo, normally seen as a jack-in-the-box item of the local fauna or as a rather uninteresting tin of soup. Kangaroo tail soup, excellent as it is, does not show the full potential of this admirable marsupial. In the outback, the legs of the 'roo are boiled or roasted. But it is essential as it is basically a dry meat, that they should be larded with bacon. A leg cooked in this fashion looks like a ham and, with the lubrication of the larding, it is a more than acceptable dish. That is only a general method that was used in the past for cooking kangaroo but nowadays it is cooked in red wine and marinated in the manner of the game of yesteryear in other countries.

Cut the kangaroo meat into one-inch pieces. Place in a bowl and cover with dry red wine, adding the bouquet garni. Leave in a cool place for at least 24 hours and preferably 3 or 4 days. (I would suggest in the refrigerator). When ready to go, drain the meat, reserving the marinade. Saute sliced onions in 2 ozs. butter until golden, in a flame-proof casserole. Add kangaroo meat and cook for 10 minutes, browning on all sides. Pour over the reserved marinade and season to taste. Bring to the boil, cover, lower the heat and simmer until the meat is tender which will be anything from 1 to 2 hours depending on the age of the 'roo. When you judge that the 'roo has about 5 minutes to go, add the mushrooms. Saute the small white onions in the remaining butter until they begin to soften but do not allow to color. Poach them gently in the white wine. When cooked, reserve and add to the kangaroo mixture just before serving.



ingredients

2 wild ducks
 flour
 butter
 1 cup white wine
 1 bayleaf
 2 juniper berries
 1 small onion
 1 teaspoon salt
 1 sprig parsley
 3 whole black peppercorns
 1 pint sauerkraut
 1 cup white wine
 salt and pepper to taste



wild duck a l'alsacienne

Sometimes your food just flies past you. However it is not always possible to check how old the bird is, a problem to be met with in all walks of life. In Alsace, and now in the Northern Territory, they have solved this problem.

Cut the ducks in quarters and rub with flour. Cook in butter until lightly browned on all sides. Add 1 cup of white wine, bayleaf, juniper berries, onion, salt, parsley and whole black peppercorns. Cover and cook slowly until tender. Remove the duck pieces to a platter. Strain the sauce and adjust seasoning. Pour over the duck.

Serve with the sauerkraut which has been simmering for 2 hours in the cup of white wine. Season with salt and pepper and serve. This is usually served with orange salad.



ingredients

½ lb smoked sausage
 1 large onion, chopped
 1 clove garlic, finely chopped
 ¼ cup sliced green onions
 2 tablespoons chopped parsley
 ½ teaspoon dried thyme
 2 cups uncooked rice
 ½ teaspoon salt
 ½ teaspoon pepper
 4 cups stock (hopefully made from
 bones of the goose)
 1½ cups cooked goose meat cut into
 2" strips
 1 cup cooked small shrimp



koolpinyah goose

Larger birds deserve more elaborate attention.

Skin the sausages and break into pieces.

Fry sausage until brown in a heavy pot.

Add the onion, garlic, green onions, parsley and thyme.

Cook until the onion is limp. Add the rice, salt and pepper and stir to make sure that each grain of rice is coated with fat.

Bring stock to boiling point and pour into

the sausage and rice mixture. Add the goose meat.

Cover and bake in a moderate oven of 350° F. for 45 minutes.

Stir in the shrimp and bake for a further 10 minutes.



ingredients

leg or loin of a young wild pig (fresh
pork from your butcher will be
less exotic but equally good)
cooking oil
brown sugar
salt and pepper
2 apples
1 tablespoon plain flour
1½ cups wine and vegetable stock



roast wild pig

In the Territory, there is some wild game that deserves as much respect off the table as on it. There is a very wide tradition of boar hunting all over the world but fewer and fewer places where it is either legal or available. But there are many areas in the Northern Territory where the intrepid hunter seeking for the wherewithal to fill his pot can come face to face with a fine upstanding and probably very cross young tusker. When the confrontation has been brought to a successful conclusion, from the hunter's point of view that is, a little traditional roast wild pig might be considered.

It will be reassuring to the housewife that the manuals dictate that wild pig is usually skinned on the hunting field.

Wipe roast off well and carve the surface fat into diamonds.

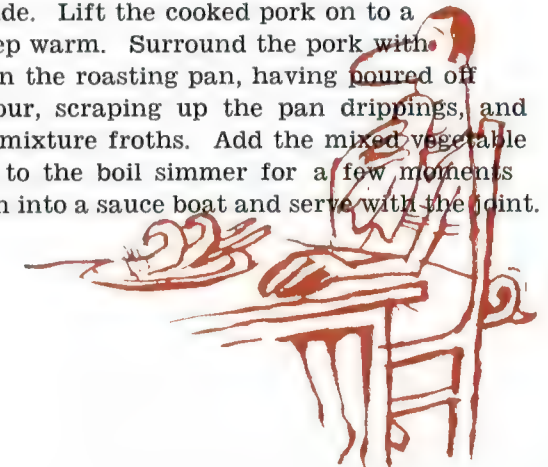
Oil a roasting pan, leaving a fair residue in the bottom.

Place the joint in it and brush all over with more oil.

Sprinkle with brown sugar, salt and pepper.

Roast the pork at 350-375° F. at 35 minutes per pound, plus an extra 35 minutes for luck. Baste frequently with the oil during cooking, adding more oil if necessary.

30-40 minutes before serving, place unpeeled apple rings into the roasting pan and turn them so that they are oiled on both sides. When one side is brown, turn again and brown the other side. Lift the cooked pork on to a serving platter and keep warm. Surround the pork with cooked apple rings. In the roasting pan, having poured off excess fat, stir the flour, scraping up the pan drippings, and cook quickly until the mixture froths. Add the mixed vegetable and wine stock, bring to the boil simmer for a few moments until thickened. Strain into a sauce boat and serve with the joint.



FAMILY FAVOUR • ITES

fancy family dishes

In the civilised areas of the Territory, those mainly considered so by the natives rather than by visitors, hard-working houseproud wives and the occasional Dad have developed family favourites, using the materials to hand.

These household recipes are the basis upon which the regional cooking of the Northern Territory will finally develop. Shortages of materials, problems of storage (those darn ants will eat anything), temperature, incline the dishes towards the parsimonious. Then that very same climatic situation provides the tropical lushness that changes the dross to the gold of great dishes.



ingredients

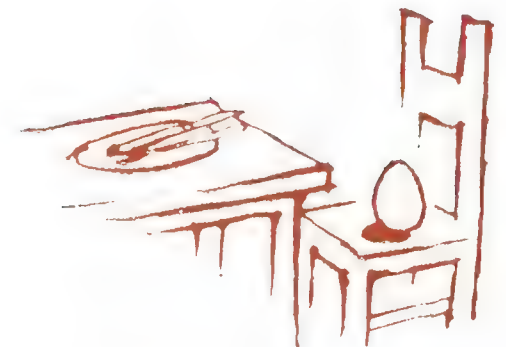
one 3½-4 lb. chicken
 3 ozs. butter
 2 large onions thinly sliced
 6 slices mango
 grated nutmeg
 strips from the rind of a lime
 ½ pint chicken stock
 salt and pepper
 juice of 2 limes
 ½ cup heavy cream
 paprika for garnish



mango shower chicken

With a discerning eye on our Asiatic neighbours,
 we have the above.

Cut up your chicken into cooking joints. Make the stock from the back and trimmings. Fry the chicken in butter until golden brown, using about half the butter and remove the pieces from the pan. Saute the onion in the rest of the butter until golden. Add the mango slices, raise the heat and cook for 3 minutes. Add the fried chicken, some grated nutmeg, lime rind, chicken stock, salt and pepper to taste. Cover and cook in a moderately slow oven for 1 hour. Remove the chicken from the pan and keep warm. Extract the lime rind. Add the lime juice and season to taste. Stir in the cream and bring to a very gentle simmer. When the sauce has thickened slightly, pour over the chicken pieces. Decorate with paprika. Serve with fluffy rice on the side.



ingredients

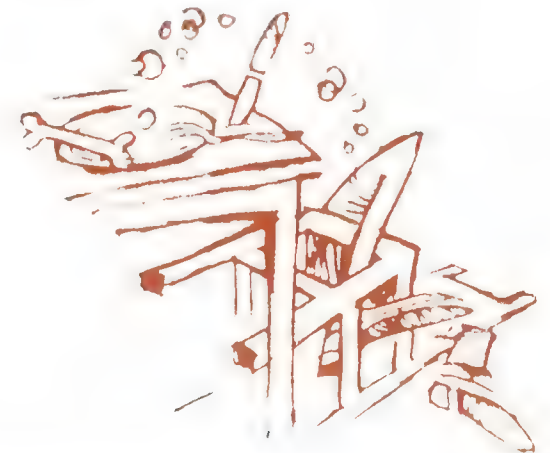
1½ lbs. lean buffalo
 3 tablespoons oil
 1 tablespoon paprika
 ¼ teaspoon black pepper
 2 tablespoons flour
 2 large onions
 2 large tomatoes
 1 clove garlic
 1 knob ginger root
 2 teaspoons salt
 enough flat stout style beer to cover
 ½ teaspoon m.s.g.



buff stew kalgoorlie

Buffalo, throughout the areas of Australia they inhabit, are controversial. It is known that they can be eaten. Conservationists say that they destroy the habitats of water birds. Graziers say that they will walk through practically anything that isn't built to stand a tank assault. And motorists take it very badly if they happen to run into one at night on The Track. It might be considered that the Territorian solves many of his problems with beer, and Buffalo Stew Kalgoorlie is a case in point.

Cut the meat into bite-size pieces, removing all fat. Stir in a bowl with 1 tablepsoon of oil until all is well coated. Mix the paprika, pepper and flour and add to the mixture in the bowl, stirring until you have a very nearly dry paste coating the meat cubes. Heat the remainder of the oil in a pressure cooker. Brown the meat thoroughly, making sure all sides are brown. Then add the coarsely chopped onions, coarsely chopped tomatoes, the garlic minced and the ginger root minced. Bring up to heat and cook for 5 minutes, stirring occasionally. Add 2 teaspoons salt, the stout and the m.s.g. Cook at pressure of 15 pounds for 30 minutes. At the end of that time, let the pressure drop naturally. Served with plain boiled potatoes sprinkled with parsley.



ingredients

½ cup butter
 1 tablespoon dried basil
 1 tablespoon chopped parsley
 1 tablespoon brandy
 2 x 2 lb chickens
 1 lime
 baker's clay



chicken baked in clay

There is a fine Aboriginal tradition that if you can catch it and kill it and wish to preserve the innermost essential juices of game of any sort, baking in a skin of clay is the ideal method. It is interesting to note that this method is used by those who have all their lives lived close to nature throughout the world. Naturally enough, the technique has been sophisticated over the years as the average housewife is not too keen on mud pies in her kitchen.

A modern version of this technique is employed here.

Mix the butter, basil, parsley and brandy. Massage your two chickens briskly inside and out with the mixture. Halve the lime, placing one half inside each bird. Wrap each bird separately and carefully in aluminium foil. Roll out the baker's clay until about half-an-inch thick and encase each foil-wrapped bird in the paste. Bake at 500° F. for 50 minutes. Crack off the clay with a hammer, peel off the foil and serve jointed.

To make your bakers clay, mix 3 cups plain flour with water to make a firm paste that is not too sticky.



ingredients

4 thin slices buffalo fillet
 1 teaspoon French mustard
 salt and pepper to taste
 1 dessertspoon Worcester sauce
 juice of a lime
 1 liqueur glass brandy
 2 ozs. butter



steak diane top end

Finally, the show point piece of the table top.

Beat the slices of buffalo fillet until they are almost transparent. In a bowl, combine the mustard, salt, pepper, Worcester sauce and lime juice. Melt the butter in a heavy pan (an electric frypan is fine). Cook the pieces of meat gently, turning occasionally. When about half cooked, and you must be the judge of that, pour the contents of the bowl over the steaks in the pan. When you think the meat is done, warm the brandy, pour into the pan and set light to it, standing well back. Serve these steaks on individual plates with the sauces from the pan poured over them. This dish is excellent served with really crisp chips julienne and maybe some mushrooms.





BREAD

fancy a slice?

With all the ingenuity that the Territorian has put into utilising his surrounding largesse and surveying its occasionally startling dearth, the solids, the fillers had to be developed. Rice was at first regarded with suspicion, being a foreign food and uneaten by his forefathers. Potatoes don't keep well, and grow even more poorly, in tropical climates. So the development took the road of bread. But when it was possible for the Top Ender to lay his hands on a potato or two, they could be made to serve into the future.





ingredients

2 cups self-raising flour
 $\frac{1}{2}$ teaspoon salt
 7-8 fluid ounces milk



on the track yeast starter

Boil, then skin and mash mealy potatoes in the water they were cooked in, having used just enough to cover. Stir in molasses, sugar, salt, hops and enough plain flour to make a sloppy paste. Bring to the boil, stirring the while. After boiling for 5 minutes, remove to an earthenware crock and allow to cool. The starter which you now have in your crock can be used as a yeast starter for your normal bread making.

This operation of making a yeast starter has its problems and, as Territorians are constantly on the move, a stone crock is a difficult thing to maintain. So for those who do not wish to get involved in such static convolutions, here is a basic recipe for

damper

Sift the flour and salt into a mixing bowl. Make a well in the centre and add the milk nearly all at once while mixing with a knife. For authenticity, this should be done with a skinning knife. The dough should be fairly moist. For practicality, turn immediately into a sandwich pan and place in a 425° F. oven for 25-30 minutes.

Cheese, dried fruit, orange rind and anything else that comes to mind can be added to this recipe without doing it, or your reputation, too much damage.



ingredients

2 teacups plain flour
1 teaspoon baking powder
1 teaspoon salt
about $\frac{1}{2}$ pint milk



bush bread

When going bush and using a camp fire, soda bread makes a very welcome staple.

Sift the flour into a mixing bowl. Dissolve the salt and baking powder in the milk and then use this liquid, or as much of it as you need, to mix the flour to a very slack dough. Grease your frypan. Make it moderately hot. Spread the dough in it to an even depth. After 10 minutes, lift a side of the bread and look at the bottom. If it is a nice golden brown, turn it over and give the other side 10 minutes, or until golden brown also. Serve with lashings of butter.





DESSERT

to tickle your fancy

There are many sweets and desserts and savouries with which to finish a meal and most can be found in one form or another in every part of the world.

In tropical regions, obviously fresh fruit in season tends to take priority. And rightly so.

There are a few recipes using these tropical fruits which are worthy of consideration.



ingredients

1 lb. pawpaw
2 ozs. sugar
½ pint water
¼ teaspoon fresh ground ginger



pawpaw parap

Boil sugar, ginger and water for 10 minutes. Peel the pawpaw, de-seed it and cut into neat cubes. Place the fruit in the liquid and simmer until soft and semi-translucent. This can be served hot or chilled. When chilled, cream is the perfect accompaniment.



ingredients

1 cup milk
2 beaten egg yolks
pinch salt
1 cup thick chilled cream
 $\frac{1}{2}$ cup icing sugar
1 fresh mango, diced
1 teaspoon vanilla essence



icecream mango mataranka

Icecream is an ever-popular dish and mangoes are to be found all over the Top End.

Heat the milk until a light skin starts to form. Add the salt and sugar and heat gently until dissolved. Remove from the heat. Over hot water (a double boiler is ideal for this operation), gradually beat the milk mixture into the beaten egg yolks. Stir until the mixture thickens. Allow to cool. Then give it 30 minutes in the refrigerator. Whip the chilled cream until thick, fold in the diced mango, vanilla and chilled custard mixture. Freeze for one hour. Whip the icecream again and return to the refrigerator to allow to freeze solid.

For those of sybaritic tendencies, dribble a little orange curacao or cointreau over the top of the icecream when serving.



simple mangoes in champagne

And our final dish, elevating the everyday mango to another plane Served by those people with too much champagne or too many mangoes or just happen to like them both.

Take as many claret glasses as you have people. Fill each glass with chopped mango to a depth of about 1½-2 inches. Sprinkle lightly with cointreau. When ready to serve, pop the champers and fill each glass to the brim. This may be eaten or drunk as you feel inclined — or both.



Most cooking books end with a section on beverages that you might fancy. In the Northern Territory of the continent of Australia, this is not necessary. Nobody can wean the Territorian away from his black tea and his amber beer.



ABOUT THE AUTHOR

PAUL RICE-CHAPMAN, a roving Irishman, possesses an academic interest in food. For his own taste, he is perfectly happy with a plate of baked beans and bangers (snags to you), but it is the history and development of international cuisines that fascinate him.

During his sojourns in Cornwall, London, Teh'ran, Bangkok and visits to many other places, he was frequently to be found in kitchens involved in heated sign-language discussion with cooks of polyglot origins.

Progressing from the necessity to eat on a small budget as a university student in Dublin, he developed an interest in food preparation and thence to the whys and hows of its origin and development. His popular weekly cooking columns in

The Bangkok Post, published in the name of Bill Rice, provoked many an unusual conversation at cocktail parties and his restaurant appreciations were received with varying enthusiasms by restaurateurs.

He has also written for Pol, Gourmet, Tropic and Rendezvous magazines and on assignment for several international airlines. Now a dedicated Top Ender, he maintains his interest in the study of the ebb and flow of ethnic and cultural influences on the history and development of cooking and eating habits.

Illustrations: ASHLEY W. SMITH



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